

Foot Marching

During CBT you will be required to foot march in the following progressive sequence:

1. 3-mile walk with load-bearing equipment (harness with gear) and military helmet.
2. 3-mile walk with load-bearing equipment (harness with gear), military helmet, 35-pound rucksack (backpack), and weapon.
3. 6-mile foot march with load bearing equipment (harness with gear), military helmet, 35-pound rucksack (backpack), and weapon.
4. 8-mile foot march with load bearing equipment (harness with gear), military helmet, 35-pound rucksack (backpack), and weapon.
5. 12-mile foot march with load bearing equipment (harness with gear), military helmet, 35-pound rucksack (backpack), and weapon.
6. 15-mile foot march with load bearing equipment (harness with gear), military helmet, 35-pound rucksack (backpack), and weapon.

In general, to train for these foot marching requirements, it is recommended that you foot march 3 miles with a 10-pound pack once a week at a 4-km (2.49 miles) -per-hour pace. Then, increase either the distance, weight (load), or pace by no more than 50 percent a week. Be sure to increase only one of these three training variables at a time. There is no need to go beyond a 25-pound load, faster than a 5 km (3.11 miles) –per hour pace, or further than 8 miles (12.87 km).

To begin developing calluses on your feet and to minimize blisters, you should wear proper foot gear for hiking/marching. Use a military boot other than the Cochran (“jump boot”) style. Ensure that the boot has a moderately padded insole. Wear a thin, smooth, synthetic-fabric sock (polypropylene or nylon) underneath a thicker wool or cotton sock. The thin sock will adhere to your foot, wick moisture away from your skin, and absorb a majority of the friction coming from the wool sock and the boot. The thicker sock provides additional padding.